

# Conference serves up a delightful feast of LDS history

*Mon 12 May '98*

No one can absorb more than a small part of it. It's like a never-ending banquet table, each item more delicious than the last, and you can only choose a few. If there ever could be too much of a good thing, this is it.

It's the annual conference of the Mormon History Association, held recently within the shadow of the monument which seems to symbolize it all, Brigham Young standing high above automobile traffic of the 20th century — as serene as he stood above the horse-drawn carriages of 1897 when he was put there.

There were no less than 39 separate papers, each by an expert on that particular subject. The authors range from the finest professional historians in the field to sharp young writers and researchers on their way up.

I come away each year with renewed faith in the people of different faiths, which is what the conference is all about.

The Mormon History Association was formed 21 years ago by historians of the LDS and RLDS churches, the latter the Reorganized Church of Jesus Christ of Latter Day Saints with headquarters in Independence, Mo. The title of Mormon History Association covers both of them. Until the death of Joseph Smith, their history was the same.

I come away each year with a renewed faith and a warmer feeling in the friendship of the two historical groups. There is really no contest or competition. There is certainly no backbiting or animosity. Historians of both faiths serve as officers. A past president and one of the most respected members is a woman from Indiana who is a devout Methodist and who has made a career out of studying, writing about and understanding Mormonism. She is Jan Shipp, who once called herself the "den mother of all you people."



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**Theron  
H. Luke**

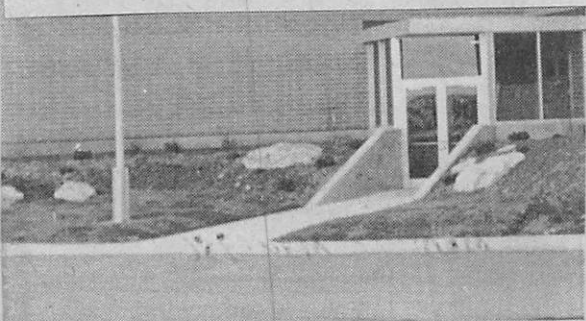
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AS IT LOOKS  
TO LUKE

Each annual conference concludes with an ecumenical Sunday morning service, this year in the stately Assembly Hall on Temple Square. Speakers were Peter Judd of the RLDS, and Davis Bitton, LDS. I have read and respected Bitton's historical efforts for years. I never knew he was a talented pianist, which he proved at the conclusion of his talk.

Leaving the grounds there were two time-honored reminders of this culture that so profoundly affects anyone who lives in it, whether devout or otherwise. A guide was telling a group of fascinated tourists about the seagulls and crickets. The handcart monument, I noted, is not life-size as I have been telling my history. It is larger than life. Which

Monday, May 12, 1986



The \$650,000 public works building is built with

## Utah County Public Works moves all 5 offices into a

PROVO — The Utah County Public Works Department officially moved into its new home at 2885 S. State.

In the past, the Utah County Public Works offices were scattered in five different places," said Clyde Naylor, county engineer. "We've been trying for some years to get all of them together."

The county accomplished that by selling its old main facility to the Utah Transit Authority and using the money to build the new more than 29,000-square-foot new one.

The new \$650,000 building is constructed of pre-engineered metal, with a masonry front. According to Naylor, the old building was sold for what it cost to build the new one.

Those housed in the new building are the administration,

# Utah County

# fyi

## devotional will feature Elder Lee

PROVO — The first American Indian to serve as a general authority of the Church of Jesus Christ of Latter-day Saints will speak Tuesday at the evening spring term devotional at Brigham Young University.

Elder George P. Lee, a member of the First Quorum of the Seventy of the LDS Church since 1975, will speak at 7 p.m. in the de Jong Concert Hall of the Harris Fine Arts Center. The talk

## Fatty fat to obese a high-

■ Dr. Fisher is director of Human Performance Center at Brigham Young University.

UPDATE: More research is being done on the relationship between fat and obesity.

For years we have been told to avoid eating fat because it is bad for you. But now we know that's not necessarily true. Fat is a necessary part of a healthy diet. The problem is not fat itself, but the way it is consumed. Too much fat, especially saturated fat, can lead to obesity and heart disease. But a diet rich in healthy fats, like those found in avocados, nuts, and olive oil, can actually be beneficial.

Because fat is known to be concentrated source of energy, it made sense to avoid it. But the relationship of obesity and fat intake didn't seem clear. Now, research is challenging both of these ideas.

First, fat people are not necessarily unhealthy. In fact, they often live longer than thin people. Therefore, the idea that fat is bad for you is a myth. The real culprits are the refined carbohydrates and sugars that are often consumed along with fat.

Second, some research suggests that a diet high in fat can have the same effect on metabolism as a diet high in carbohydrates. This means that the old advice to avoid fat might be misguided.